



**Jacqui Campbell,
MS, RD, CDN**

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Jacqui Campbell can help you and your family, contact her directly at:

Jacqui.Campbell.RD@gmail.com
(413) 504-4197



Store Tour



Event Table



Cooking Demo



Support Group

Nutrition Events at Big Y®

Jacqui Campbell is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE FEBRUARY 2019

February 5

Heart Month Heroes

10:30 AM – 12:30 PM
East Longmeadow Big Y
441 North Main St.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.



Event Table

February 5

Heart Month Heroes

1:00 – 3:00 PM
Longmeadow Big Y
802 Williams St.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.



Event Table

February 12

Celebration of Chocolate Month

11:30 AM – 1:30 PM
Springfield Big Y
300 Cooley St.

Celebrate National Chocolate Month by learning about the health benefits of chocolate and cacao. Stop by our table to taste test different percentage dark chocolates.



Event Table

February 13

Living Gluten Free

6:30 – 7:30 PM
West Springfield Big Y
503 Memorial Ave.

Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.



Support Group

February 19

Heart Month Heroes

2:00 – 4:00 PM
Wilbraham Big Y
2035 Boston Rd.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.



Event Table

February 26

Heart-Healthy Eating

10:30 AM – 12:00 PM
Springfield Big Y
300 Cooley St.

Walk the aisles of Big Y and discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



Store Tour

February 26

National Snack Month

1:00 – 3:00 PM
East Longmeadow Big Y
441 North Main St.

Learn how to snack smarter during National Snack Month by stopping by our table for great ideas and samples.



Event Table



Visit biggy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.